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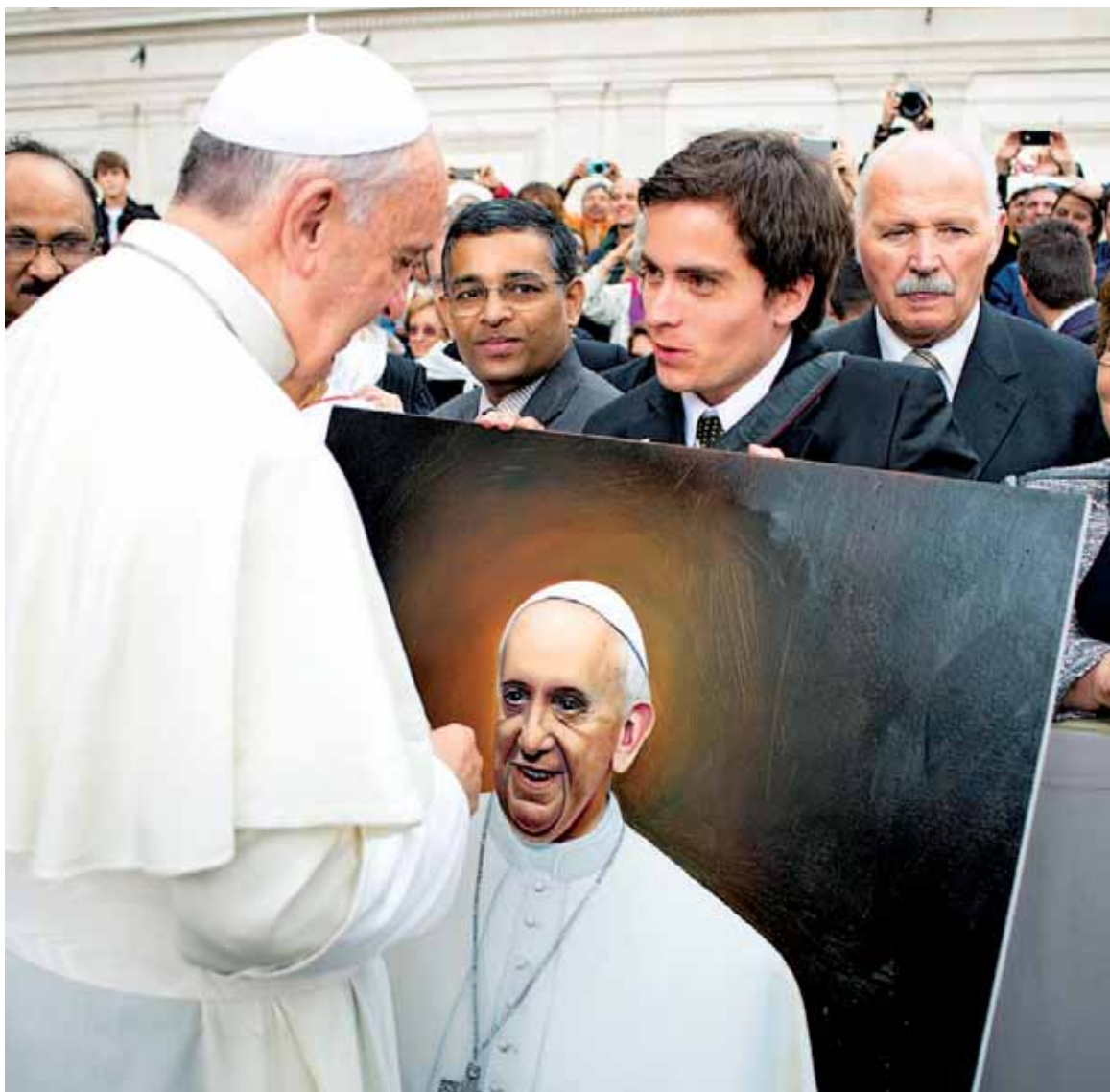
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PAINTER PITCHING IN FOR CHEO

Carleton University grad Juan Manuel Delgado presented Pope Francis with a portrait in 2013. Now the sometime Ottawa resident, who is gaining fame for his portraits of world leaders and other prominent figures, is coming back to the capital for a benefit auction for the Children's Hospital of Eastern Ontario. Story, page 6. CONTRIBUTED

Bill Gates to visit Ottawa next week

Maternal health.
Tech giant-turned-philanthropist to talk world development with Prime Minister

Prime Minister Stephen Harper says billionaire philanthropist Bill Gates will visit Ottawa next week to discuss further collaboration on helping mothers and newborns around the world.

Canada has worked with the Bill and Melinda Gates Foundation on a number of projects and Harper says the Feb. 25 visit will further cement the relationship.

The maternal health project, which was launched in June 2010, has been a key development project for Harper, and Canada has committed more than \$6 billion to the cause.

In May 2014, Harper hosted an international conference on the issue, committing Canada to support maternal and child health

initiatives through 2020.

The meetings with Gates next week will aim at ensuring that the issue of mother and child health remains a global priority.

They will also look at creating measurable objectives to stop preventable deaths.

Canada and the foundation also work together on other health and food security issues, including immunization, polio eradication and agricultural development.

"Civil society organizations, including foundations, continue to play a critical role in improving maternal, newborn and child health around the world," Harper said in a statement announcing the visit.

"As a global leader on these issues, Canada has had the opportunity to forge partnerships with dynamic organizations such as the Bill and Melinda Gates Foundation, resulting in the pooling of knowledge and resources for the greater good of humanity."

THE CANADIAN PRESS

Quoted

"Canada has had the opportunity to forge partnerships with dynamic organizations such as the Bill and Melinda Gates Foundation, resulting in the pooling of knowledge and resources for the greater good of humanity." Prime Minister Stephen Harper



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41,761km, Rev. Camera, Clim

Stk: 36431

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weekly



\$13,950

2013 Mitsubishi Lancer

30,075km, Clim, Mags

Stk: 36454

\$55*
weekly



\$10,960

2009 Toyota Camry LE

109,743km, Load, A/C

Stk: 36421

\$40*
weekly



\$7,960

2008 Mazda 3

93,919km, A/C

Stk: 33850

\$65*
weekly



\$12,960

2011 Ford Focus SES

59,470km, Clim, Lthr, Mags

Stk: 34927

\$54**
weekly



\$10,860

2011 Honda Civic DX-G

99,803km, Clim, Mags

Stk: 35915

\$52***
weekly



\$13,950

2013 Toyota Corolla

52,919km, Clim

Stk: 36194

\$59*
weekly



\$11,880

2008 Toyota RAV4. 4wd

90,543km, A/C, Roof, Mags

Stk: 36576

\$82*
weekly



\$16,360

2010 Honda CR-V LX 4wd

99,627km, Clim, Mags

Stk: 36226

\$89*
weekly



\$17,700

2011 Mitsubishi RVR SE 4wd

49,134km, Clim, Mags

Stk: 34348A

\$56*
weekly



\$12,860

2011 Subaru Impreza AWD

84,824km

Stk: 36134

\$105**
weekly



\$24,650

2012 Ford F-150 XLT 4wd

49,619km, Clim, Mags

Stk: 35972A

\$71***
weekly



\$18,940

2014 Jeep Patriot 4wd

35,601km, Clim

Stk: 36161

\$75*
weekly



\$14,960

2011 Chevrolet Equinox LS

83,000km, Clim, Mags

Stk: 36493

\$75*
weekly



\$14,930

2010 Hyundai Santa Fe 4wd

96,650km, Auto, Clim, Mags

Stk: 35712

\$114*
weekly



\$22,870

2010 Dodge Ram 1500

65,575km, Auto, Clim, Mags

Stk: 35538

\$83*
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\$16,490

2010 Dodge Journey R/T AWD

73,507km, Cam, Lthr, Mags

Stk: 35895

\$81**
weekly



\$18,950

2012 Nissan Quest S

65,005km, Clim

Stk: 36000

\$71***
weekly



\$18,950

2013 Mazda CX-5 Sport

58,852km, Clim

Stk: 36504

\$67***
weekly



\$17,760

2013 Nissan Rogue 4wd

53,185km, Clim

Stk: 36429

\$89*
weekly



\$17,840

2011 Ford Edge SE

89,845km, Clim, Lthr, Mags

Stk: 36110

\$102***
weekly



\$27,340

2013 Nissan Xterra 4wd

38,536km, Load, Clim, Mags

Stk: 35944

\$45**
weekly



\$10,650

2012 Nissan Versa SL

87,115km, Clim, NAV

Stk: 36422

\$52***
weekly



\$13,960

2014 Dodge Avenger SXT

40,663km, Clim, Mags

Stk: 36315

\$74*
weekly



\$14,850

2011 Buick Regal CXL

63,725km, Clim, Lthr, Roof

Stk: 36550

\$45**
weekly



\$10,630

2012 Hyundai Elantra GLS

88,180km, Clim

Stk: 36475

\$60*
weekly



\$11,950

2011 Mazda 3 GX

35,010km, Load, A/C

Stk: 35778

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Leaks. Fair trial in question for man linked to triple homicide

A man facing charges in the alleged robbery of a 101-year-old veteran heads to court Friday with an even darker legal cloud on the horizon — one that at least one expert says has tainted the case against him.

Ian Bush is scheduled to appear in an Ottawa court charged with attempted murder, robbery with violence, forcible confinement, and breaking and entering, in connection to a home-invasion robbery in Ottawa last December.

Bush, 59, is also reportedly being investigated in connection with a triple homicide that until recently was considered a case that had gone cold.

Bush's lawyer says it's clear police leaked the information linking Bush to the 2007 deaths of retired tax court judge Alban Garon, his wife Raymonde and their neighbour, Marie-Claire Beniskos.

Criminal defence lawyer Michael Spratt says the leak before a charge is laid could make it difficult for Bush to get a fair trial.

At the same time, says Spratt, it will be all but impossible for Bush's lawyer to argue for a change in venue for a trial, in an age when news spreads like a virus over the Internet.

Police are refusing to comment on the leak, saying the case is now before the courts.

THE CANADIAN PRESS



A plainclothes Ottawa police officer approaches a vehicle Thursday during a traffic safety blitz for the Leave the Phone Alone campaign. JOE LOFARO/METRO

Distracted driving blitz nets 60 people

Police. Leave the Phone Alone campaign extended — more traffic blitzes coming



JOE LOFARO
joe.lofaro@metronews.ca

At the intersection of St. Laurent Boulevard and Industrial Avenue, a plainclothes police officer who might have seemed to some like he was wandering aimlessly was really trying to catch drivers who

were texting and driving.

The traffic safety blitz at that location was one of many scattered across the city Thursday which collectively resulted in police handing out 60 tickets in the morning hours.

Police said they issued 32 tickets to drivers caught communicating with their phones while operating a vehicle. The offence carries a fine of \$280.

Another 28 tickets were issued for other provincial offences during the blitz, according to police.

Const. T.J. Jellinek said one of the motorists they caught Thursday at another location

was steering with his legs so that he could write a text message.

"That driver almost caused several collisions and then finally we got him pulled over. The lights were activated; he didn't see them. We got him pulled over," he said.

The distracted safety enforcement operations usually include a plainclothes officer equipped with a radio to inform nearby uniformed officers someone was caught. The driver is then directed to those officers who then issue the ticket or a warning.

"People are taking their

phones and putting them at lap level so we can't see, especially driving in a car," explained Sgt. Denis Hull during a ride-along with Metro at the scene in his unmarked cruiser. "So we have to innovate here and do something different so that's why we have officers outside of their cars and walking up and down."

The plainclothes officer working the street on Industrial Avenue, who asked to remain anonymous, said it's "definitely a little bit harder" to catch drivers committing the offence, but police can work around it.

1 NEWS

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Dailey Method Studio co-owner and head teacher Sarah Thompson (front) and teacher Lyndsay Gutsch do a workout at their Glebe Studio. CONTRIBUTED

Dailey Method studio stretches into Ottawa

Fitness. Exercise routine merges yoga, Pilates and ballet into a single, effective workout for everyone, says co-owner



TREVOR GREENWAY
trevor.greenway@metronews.ca

A new fitness class for those on the go is gaining steam in Ottawa and the workout could have all of the Glebe looking lean and fit this spring.

Sarah Thompson and her husband Jamie Rigby have opened up Ottawa's first Dailey Method Studio — a fitness class that combines elements of yoga, Pilates and ballet barre work into a simple routine that even the busiest of lifestyles can sneak in.

"You get your workout

Quoted

"We have people in their teens to people in their 80s taking classes. We have elite athletes, we have moms, we have people who are rehabilitating an injury and fit people that want to complement their exercises."

Sarah Thompson, co-owner of Ottawa's first Dailey Method Studio

and your stretch in an hour, so it's super-efficient and super-effective," said Thompson, who trained in San Francisco with Jill Dailey, who created the workout.

"We have people in their teens to people in their 80s taking classes. We have elite athletes, we have moms, we have people who are rehabilitating an injury and fit people that want to complement their exercises."

What makes the workout so efficient is that it has participants work in a "contracted position," so that the body builds dense, long, lean muscles for core strength-

ening, said Thompson.

The studio, located in the Fifth Avenue Court in the Glebe, even offers childcare services during the week so stay-at-home moms can get in their exercise.

And Thompson says because the workout is low-impact, it's good for seniors, post-partum moms and pregnant women.

Fees for the classes vary from \$21 for a drop-in class to \$149 per month.

Thompson said the idea is for members to take the classes often to get the best value out of their monthly fee.

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Pope, presidents and postage: Carleton grad's art recognized

Fine art. Diplomat's son returning to adopted home this weekend



TREVOR GREENWAY
trevor.greenway@metronews.ca

A Carleton University grad's life-sized portraits are fit for a king, the Vatican and a NASA astronaut.

Juan Manuel Delgado is a 27-year-old Costa Rican painter whose brush strokes are becoming renowned beyond the borders of his home country.

Delgado has painted realistic portraits of Pope Francis, astronaut Dr. Franklin Chang Díaz, King Simeón II de Bulgaria, Costa Rica's former president Laura Chinchilla Miranda and others.

And he has presented all their portraits in person. In fact, he seeks out permission

before he approaches his canvas.

"The idea of painting someone like that, a public figure, is so important," he said. "You really want to be able to present it to them personally."

The son of a diplomat, Delgado was born in Costa Rica but lived in Canada for 22 years in Toronto and Ottawa. After studying architecture at Carleton, he decided to pursue his passion: painting. So he returned to Costa Rica, where he launched his career.

When he paints portraits, they are often of Costa Ricans — or people influential in his home country.

A portrait of Chang Díaz, who flew seven Space Shuttle missions with NASA, was Delgado's first major endeavour in 2013.

He has since painted Nobel Peace Prize winner Óscar Arias Sánchez and Costa Rica's president of the Supreme Court of Justice Zarela

Villanueva Monge.

But a notable painting is of Pope Francis, which now graces postage stamps in Costa Rica.

It took Delgado almost a year to obtain the permissions and security checks he needed to gift the pontiff his portrait in person.

The meeting started with the Pope's sister, Maria Elena Bergoglio, who Delgado tracked down on Facebook.

It was an emotional meeting for Delgado, who said the Pope is a prominent figure in his poor, religious country.

"He was staring quite profoundly at the painting itself before he actually said a word," recalled Delgado. The Pope even gave the young artist a hug.

Delgado is back in Ottawa this week for the Ottawa Children's Gala on Saturday, Feb. 21. He will exhibit two of his portraits and paint a custom piece to the highest bidder at an auction.



Juan Manuel Delgado works on a self portrait. CONTRIBUTED

Ottawa: New Cuckoo's Nest

There will likely be a long lineup during auditions for the role of Randle Patrick McMurphy when the Ottawa Little Theatre (OLT) starts casting for *One Flew Over the Cuckoo's Nest*.

It's just one of the ambitious plays in a stellar lineup the completely volunteer-run theatre has cooked up this season — performances to please both young and audiences alike. *One Flew Over the Cuckoo's Nest* is one that sticks out.

"I can't think of a male in his early 30s or late 20s that doesn't see a little bit of Randle Patrick McMurphy in himself," said OLT marketing director Evan Clark.

"So, that role and that play is really, really interesting, and I hope we see a lot of strong male leads come out to audition for it."

The OLT has nine new plays slated, beginning this September with Noel Coward's classic comedy *Blithe Spirit*. The theatre will chug through the year, carrying audiences on nostalgic trips with classics like *A Christmas Story* and Jack Sharkey's 1977 mystery farce *The Murder Room*.



From left: Jane Morris, Jane Chambers and Cheryl Jackson in *Sabrina Fair*, running Feb. 17 to March 7 at Ottawa Little Theatre.

COURTESY GREG CORNFORD

The season also offers up some more contemporary scripts, like Tim Firth's *Calendar Girls* and Robert Ainsworth's critically acclaimed play *Mouse House*. The mix of old and new is a way for the OLT to cater to both its aging and budding audience.

"It's not so much of taking a scatter-gun approach so much as it is calculating a balance for our audience,"

said Clark, adding that the theatre's more contemporary plays have been doing well at the box office these days.

"I think audience appetites are adapting and changing all the time, and as we do more work, they are responding in pretty interesting ways."

Samuel Taylor's romantic comedy *Sabrina Fair* is currently running until March 7 at the OLT. **METRO**

Aviation. Ottawa researcher says feds need better laws on drones

An Ottawa researcher says the federal government needs to regulate the growing drone phenomenon to not only protect Canadians' personal safety but their privacy, too.

Kristen Thomasen, a PhD candidate at the University of Ottawa's Centre for Technology, Law and Society, is headed to Seattle in April to discuss her paper, *Driving Lessons: Learning from the Legal History of Automobile Safety to Inform Drone Privacy Regulation*. The paper argues recreational drone use, like the automobile industry, needs to be governed by a comprehensive legal policy.

"I think they should be thinking about the law before (drones) become prolific," she said Thursday in an interview. "We should be thinking about those now."

Just as today's laws stipulate who can drive a car and what specifications vehicles need to meet, drones should be given the same legal considerations before they land on consumers' doorsteps, according to Thomasen.



Kristen Thomasen has a degree in law and a Master's in international relations. CONTRIBUTED

provincial laws pertaining to trespassing and privacy.

But Thomasen said they don't go far enough.

She pointed to the example of a drone carrying six pounds of methamphetamine that crashed into a supermarket parking lot in Mexico near the California border last month.

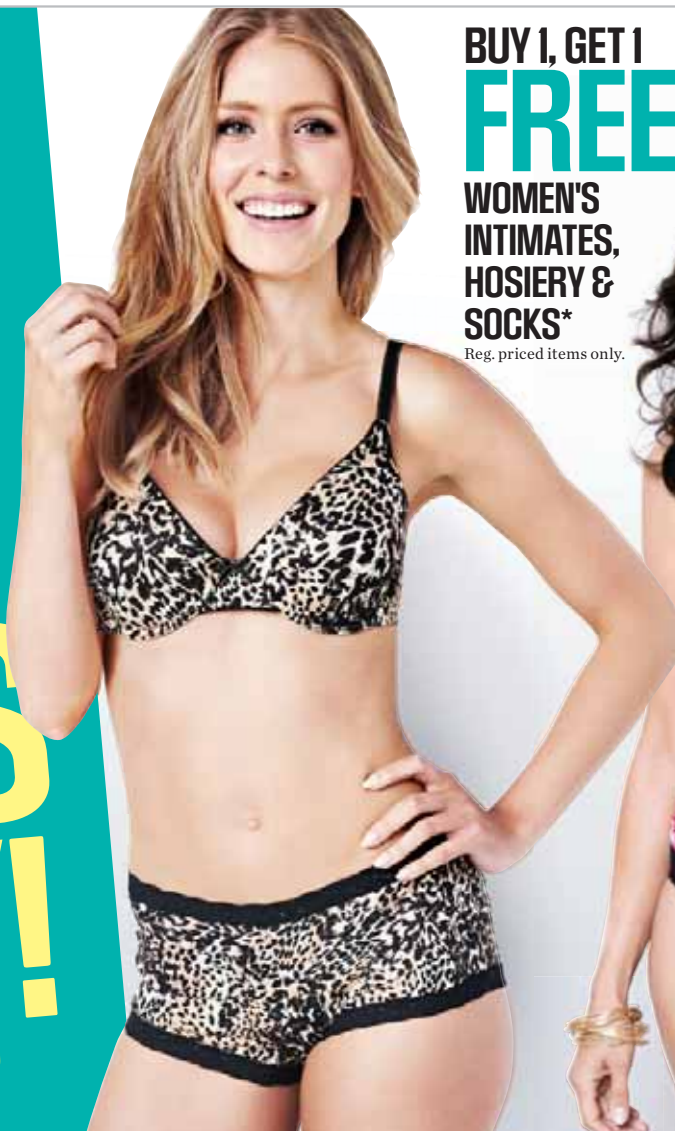
"My idea is no one can really trace the drone back. So a person could fly this drone to another location, and if it gets interrupted in the middle, it's very difficult to figure out who was flying it and where it was going. It would be very difficult to hold anyone accountable for the drug trafficking," she said.

There's also the issue of drones and privacy. Is flying a drone with a camera in a public place infringing on people's privacy? Should there be public parks that are "drone-free"?

"There needs to be a consideration of how privacy rights will be protected," said Thomasen, "while we still use and are able to benefit from drones." **METRO**

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Sabotage sours Chinese New Year

Asian Fusion Buffet.
Restaurateur says
smashed gas meter
forced him to close



LUCY SCHOLEY
lucy.scholey@metronews.ca

A restaurateur says he should have been cooking up another round of Chinese New Year celebration meals Wednesday but instead closed both his eateries after someone apparently tampered with the gas meters.

Eric Du, the owner of Beijing Legend and Asian Fusion Buffet, said he opened one restaurant around 6

a.m. Wednesday and discovered the gas meter stolen. At Asian Fusion Buffet, he says, someone broke the meter.

Du says he lost hundreds of customers because of the forced closure and about \$3,700 to have Enbridge Gas replace each meter.

The previous night, the 180 seats at Beijing Legend were filled and Asian Fusion was also busy ringing in Chinese New Year, said Du.

Queena Yin, the manager at both restaurants, said she cancelled about 50 reservations at Beijing Legend and 60 more at Asian Fusion. That does not include walk-in customers. Both venues were open within three hours.

Yin said it could have

been dangerous, had there been a gas leak.

Du and Yin say they suspect the sabotage was motivated by jealousy or competition. "My restaurant is very busy," said Du. "Maybe someone doesn't like it."

He said he notified police and his insurance company.

While his landlords have their own security cameras outside, Du said he needs their permission to check the footage. At press time, one landlord could not see anything on the cameras and the other had yet to check in with Du.

Du said he's planning to install his own security cameras outside.

"I'm worried that two weeks later, one month later, they'll come back."



Eric Du, the owner of Asian Fusion Buffet, said someone broke the restaurant's gas meter, inset, on the first day of Chinese New Year on Thursday.

LUCY SCHOLEY/METRO; INSET: CONTRIBUTED



Nearly 50 firefighters battle fatal blaze

Firefighters battle a three-alarm blaze that killed one person on Moodie Road at Hadley Circle in Bells Corners on Thursday. The blaze took close to 50 firefighters to put out. Although police had not identified the victim publicly, neighbours said a woman lived in the unit where the fire started. The fire did not spread to any of the seven adjacent units, but some did sustain smoke and water damage, said Deputy Fire Chief Kim Ayotte. MIKE CARROCCETTO/METRO

Pursuit. SIU probing crash

A police pursuit Thursday ended in a noon-hour collision between an OC Transpo bus and a car at the intersection of Nicholas Street and Laurier Avenue.

Police say the Ontario Special Investigation Unit (SIU) invoked its mandate and will probe the incident, which resulted in civilian injuries. Two men were in the car and were sent to hospital in stable condition, according to paramedics. The 59-year-old driver suffered neck and back injuries, while the 39-year-old passenger suf-



Police officers at Nicholas St. and Laurier Ave. East. LUCY SCHOLEY/METRO

fered a fractured hip and shoulder. The bus driver and one of his passengers, who is pregnant, were both sent to hospital with minor injuries. JOE LOFARO/METRO

Funding cuts. Homeless drop-in centre struggling

A 30-year-old Centretown drop-in centre is struggling to find ways to support Ottawa's homeless under looming funding cuts.

Centre 507, on the corner of Argyle and Bank Street, will lose \$350,000 in federal and provincial funding — a little more than half its budget — on March 31.

That means the centre will cut three programs: a life-

skills program providing anger management and job training; street outreach, which has employees patrol Ottawa to check on homeless people; and a support program for anyone living in rooming houses.

Five Centre 507 employees will lose their jobs.

The drop-in centre will remain open to give out bowls of soup and host board games.

LUCY SCHOLEY/METRO

Lawsuit. Supreme Court won't hear appeal in wrongful conviction case

The Supreme Court of Canada has cleared the way for a wrongfully convicted man to sue police and the Crown over his three decades of imprisonment.

The court has refused to hear an appeal that was seeking to block Romeo Phillion's multimillion-dollar lawsuit for negligence and prosecutorial wrongdoing. Now in his mid-

70s, Phillion was convicted of second-degree murder in 1972 in the death of Ottawa firefighter Leopold Roy based on a confession he recanted almost immediately. The Ontario Court of Appeal quashed his conviction and ordered a new trial in 2009. The Crown then withdrew the charge, arguing too much time had passed. THE CANADIAN PRESS

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Couple to launch tours in Italy

Vacation company.

Ottawa pair rekindles family ties to old country with new travel business



TREVOR GREENWAY
trevor.greenway@metronews.ca

Jake Rupert and Lisa Blais want everyone to see the real side of Italy.

The cascading mountains, the secluded coves and the virtually “untapped paradise” that they say makes up Abruzzo, Italy.

The Ottawa couple has purchased an old Italian villa in the picturesque region and are running an Indiegogo campaign to help start a new tour business that will take travellers on an “authentic” trip though one of Italy’s lesser-known vacation spots.

“Abruzzo is stunningly gorgeous and it’s diverse in its geography,” said Rupert, a former Ottawa Citizen reporter and current City of Ottawa strategist.

Both he and his wife, a federal prosecutor, are giving up their careers, or the “rat race,” as Rupert puts it, for the hospitality, vacation business.

“There are mountains, there are high plateaus and then there are beautiful rolling foothills with wineries and olive groves leading down into this beautiful Adriatic coast... Italians vacation here.”

The couple discovered their own little paradise while digging back through Blais’ family

Indiegogo campaign

Donors can take advantage of discounted vacations as rewards if they contribute to the online campaign at several different price points.

- There are 36 days left in the campaign and so far, they have raised just over \$21,000.

history, which led them to the small coastal village of San Sebastiano. It took just 10 minutes before Blais’ 70-year-old mother was sipping wine with her 93-year-old cousin.

“We heard these crazy stories and we saw people that looked like us and confirmed all the stories that my grandfather had told my mother,” added Blais. “We met 60 second cousins. It’s been really an enriching life experience. We have gone back every year.”

They won’t have to go back every year come 2016 when they open Amazing Abruzzo Tours, but they are hoping to raise the final \$150K through their online funding campaign.

The tour promises an authentic voyage into the heart of Italian culture — with its high quality wines, its delicious food and its simple way of life.

“We are going to be taking people to local festivals, taking them to local restaurants and villages and basically giving them an authentic Italian experience,” added Rupert.

Quoted

“We are going to be taking people to local festivals, taking them to local restaurants and villages and basically giving them an authentic Italian experience.”

Jake Rupert



Owners of an Italian villa hotel, Lisa Blais and Jake Rupert, pose out front of a snowy City Hall, where Rupert works as a strategist for the city. JOE LOFARO/METRO



The Santa Maria della Pietà near the Rocca Calascio mountaintop fortress Abruzzo, Italy. CONTRIBUTED



The villa in Abruzzo, as it looked when Rupert and Blais first purchased it. CONTRIBUTED



Stéphane Joannis is seen in a selfie he took in Palapa in Mazunte, 230km away from his adopted home in Oaxaca, during a 10-day excursion to the beach. CONTRIBUTED

Meanwhile... doing business in Mexico

This morning I woke up before my alarm. My daily alarm consists of tropical birds and of course, roosters.

I have been living in Mexico’s state Oaxaca de Juarez, (in the state capital that bears the same name) for six months now, while I run my own business using skype to tutor Canadians who want to learn French.

Clearly, I am not in Kansas (or Canada) anymore.

Taking a shared taxi across

town or even to some suburbs will set you back a whopping 9 pesos (\$0.75) and, get this OC Transpo faithful — the city bus costs six pesos (\$0.50) and they typically don’t strike.

Oaxaca is an architectural beauty. Some of its churches date from the 16th century as the city was actually founded in 1528 by the Dominicans.

This city is a foodie’s dream come true. Known as the land of seven moles, its claim to fame is actually chapulines,

which are essentially barbecued grasshoppers.

While taking nightly strolls downtown, my nose is treated to some unique smells coming from the countless street food vendors. Tlayudas, tacos and elotes, oh my.

Something I really enjoy here is the cornucopia of free cultural events.

Everyday you can be treated to either free concerts, book readings or lectures. A must see is, without a doubt, Monte

French tutoring

Former Ottawa resident Stéphane Joannis teaches conversational French via Skype (<http://speakfrench-withconfidence.com/>). Email: sjoannis1@gmail.com.

Alban. It was inhabited over a period of 1,500 years by a succession of peoples — Olmecs, Zapotecs and Mixtecs.

At the end of the day, I find that Oaxaqueños are genuinely warm people and that becomes obvious when observing them in various family settings. I am genuinely happy here. My Spanish skills are improving steadily and my respect for local inhabitants is deepening.

Did I mention that it’s been averaging 27 C lately and hasn’t rained since Christmas Eve?

I guess you could call me a creature of comfort.

STÉPHANE JOANNIS/FOR METRO

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Family of strip-searched teen to sue school board

The lawyer representing the family of a 15-year-old girl who was strip-searched at a Quebec City high school says they intend to take the school board to court.

Lawyer Francois David Bernier says the high school misinterpreted government guidelines on searching students and humiliated his client.

The incident sparked outrage across the country after the girl told a local paper she felt violated by the search one week ago. The school proceeded with the search after officials suspected her of selling drugs.

The school board said in a news release that administrators at the Neufchatel high school followed government and police guidelines for conducting school strip searches.

The government guidelines, however, do not specifically mention naked searches.

The school said the girl was made to take off her clothes and stand behind a blanket while school officials searched her clothing.

"In no case does the document talk about nude searches," Bernier said. "We blame the school board because it took the government document and interpreted it erroneously."

Bernier said he has not officially filed any documents in court and is still evaluating the damage done to his client.

He added that the family is not ruling out seeking punitive damages against the school and the governing board.

THE CANADIAN PRESS

Fahmy says Al Jazeera partly at fault for ordeal

Canadian journalist Mohamed Fahmy, who is awaiting retrial after more than a year behind bars in Egypt on terrorism-related charges, said his employer — Al Jazeera English — is partially to blame for his grueling ordeal.

Fahmy said it would be "naïve" and "misleading" to see the case purely as a crackdown on press freedom, because it was complicated by Al Jazeera's "negligence" and Qatar's use of the outlet to "wage a media war" against Cairo.

"I am not losing sight of who put me in prison," he said, referring to the Egyptian prosecutors, who failed to present any evidence related to the terror charges.

"However, Al Jazeera's epic negligence has made our situation harder, more difficult, and gave our captor more firepower," Fahmy said.



Mohamed Fahmy THE ASSOCIATED PRESS

"It is an infringement on freedom of speech to silence three innocent, recognized journalists. Yet a very important aspect of this case is Qatar abusing its Al Jazeera Arabic platform in waging a media war against Egypt," he said.

Al Jazeera officials did not respond to emails seeking comment. The broadcaster spearheaded a global media campaign calling for the release of the reporters, insisting they were unjustly punished.

THE ASSOCIATED PRESS

Kenney praises anti-terrorism bill

Security. More homegrown jihadist terror attacks possible, says defence minister

Defence Minister Jason Kenney sang the praises of the federal government's anti-terror bill Thursday as he used his maiden speech to Canada's military establishment to warn that more homegrown terror attacks are likely.

The country is engaged in a long-term ideological struggle with radical Islam, Kenney told the annual Ottawa gathering hosted by the Conference of Defence Associations

Institute.

"We need only to look to Copenhagen, to Paris, to Brussels and to Sydney," Kenney said.

The notion that western civilization and style of government are never going to be challenged is wrongheaded, he added.

Kenney, who took over from Rob Nicholson earlier this month, says the country "shouldn't overreact to this threat, nor should we underreact."

Debate over the government's proposed Bill C-51, which would increase the powers of security agencies, notably the Canadian Security Intelligence Service (CSIS),

began earlier this week in the House of Commons.

The concerns of the bill's critics are exaggerated, Kenney said. "We are taking all of these steps while respecting the rights of Canadians."

New Democrats oppose the legislation. The Liberals have said they will support it, but promise to fix some of the flaws if they form government after this year's election.

One of the loudest complaints about the bill is that it lacks additional oversight of intelligence services to prevent possible excesses.

The government says no new mechanisms or bodies are needed beyond what already exists. THE CANADIAN PRESS

It's Lucky the Bison knocking

Sandy Melanson pets a bison at her front door in Dryden, Ont., on Tuesday. Melanson says the runaway bison from a nearby ranch came up the driveway and right up to their front door. She says the animal, named Lucky, has wandered away a few times from the Northern Buffalo Ranch down the road.

HANDOUT/THE CANADIAN PRESS



Budget

DND, CSIS, RCMP unable to spend \$11B since 2007

New figures show the country's three major national security institutions were collectively unable to spend \$11 billion of their budgets over the last eight years.

The statistics on lapsed funds at National Defence, the CSIS and the RCMP were presented today. The numbers contrast with the rosy assessment of the government's defence spending record as presented by Jason Kenney. Kenney dismissed the argument over lapsed funding, saying all departments do it as part of the budget process.

THE CANADIAN PRESS



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Rebel fighters hug as they take control of key Ukrainian town

Debaltseve. Retreating Ukrainian soldiers grim with at least 13 dead and hundreds missing, captured

For the rebel fighters who seized control of this strategic town, Thursday was a day of jubilation and bragging of victory. The retreating Ukrainian soldiers were grim, stunned and relieved to have escaped with their lives as the scope of their losses became clearer: at least 13 dead and hundreds missing, captured and wounded.

Rebel fighters roamed the debris-littered streets of Debaltseve, laughing, hugging and posing for photos a day after the fall of the furiously contested railway hub. Associated Press journalists found its neighbourhoods destroyed and all under the control of the rebels.

On the road out of town, dozens of Ukrainian military

vehicles, many riddled with bullet holes and with their windshields smashed, were heading to the government-held city of Artemivsk.

The soldiers inside described weeks of harrowing rebel shelling, followed by a hasty retreat.

"We left under heavy fire, driving on back roads," said a soldier who gave only his first name, Andrei. "As we were leaving, we were attacked by artillery and grenade launchers. We came under repeated attack by tanks and assault groups."

As rebels waved separatist flags, Nikolai Kozitsyn, a Russian Cossack leader and prominent warlord in the rebel-controlled east, drove around in a Humvee-like vehicle captured from Ukrainian troops.

All around lay the wrecked remains of Ukrainian armoured vehicles. Rebel fighters, many of them Cossacks, searched through the bunkers and tents of an abandoned military encampment, looking to salvage equipment and clothing left behind. **THE ASSOCIATED PRESS**



A pro-Russia rebel Cossack, second left, hugs another rebel in Debaltseve, eastern Ukraine, Thursday. PETER LEONARD/THE ASSOCIATED PRESS

Muslims must fight 'ugly lie' that West is at war with Islam: Obama

President Barack Obama called on the world Thursday to confront efforts to use Islam to justify violence, saying Muslim communities in particular have a responsibility to push back on "twisted interpretations of Islam" and the belief that the West is at war with the religion.

With ISIL spreading and terrorists gaining strength in the Mideast and Africa, Obama has sought to use a White House summit this week on violent extremism to urge the world to broaden its response far be-

yond military interventions. U.S. airstrikes have managed to blunt some of the militants' gains in Iraq and Syria, but they don't address the extreme ideologies that underpin deadly groups such as ISIL, al-Shabab and Boko Haram.

At the summit's closing session at the State Department, UN Secretary-General Ban Ki-moon said the United Nations system will work on a "comprehensive multi-stakeholder plan of action to prevent violent extremism" that will be presented to the General

Assembly later this year. He said that as a first step, he will convene a special event in the next months "that will bring together faith leaders from all around the world to promote mutual understanding and reconciliation."

In his speech, Obama vowed that "in Iraq and Syria, our coalition of some 60 nations, including Arab nations, will not relent in our mission to degrade and ultimately destroy ISIS," referring to the Islamic State of Iraq and the Levant by one of its acronyms.

But he also urged delegates from 65 countries to "confront the warped ideology" espoused by terror groups.

"These terrorists are desperate for legitimacy and all of us have a responsibility to refute the notion that groups like ISIL somehow represent Islam, because that is a falsehood that embraces the terrorist narrative," Obama said.

He also called the notion that the West is at war with Islam an "ugly lie" that extremists use to justify their violence. **THE ASSOCIATED PRESS**



President Barack Obama speaks at the Countering Violent Extremism (CVE) Summit, Thursday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

ISIL

Group showing signs of strain, infighting in Syria

As ISIL tries to expand and take root across the Middle East, it is struggling in Syria — part of its heartland — where it has stalled or even lost ground while fighting multiple enemies on several

fronts.

Signs of tension and power struggles are emerging among the ranks of its foreign fighters.

The extremists remain a formidable force, and the group's hold on about a third of Iraq and Syria remains firm. But it appears to be on the defensive in Syria for the first time since it swept through the territory last year and is suffering from months

of U.S.-led coalition airstrikes and the myriad factions fighting it on the ground.

"They are struggling with new challenges that did not exist before," said Lina Khatib, director of the Carnegie Middle East Center in Beirut.

Kurdish forces dealt ISIL its heaviest setback by driving it from the border town of Kobani in northern Syria last month. Since then, those forces have joined with mod-

erate Syrian rebels to take back about 215 villages in the same area, according to Kurdish commanders and activists, including the Britain-based monitoring group, the Syrian Observatory for Human Rights.

The gains have strained supply lines between ISIL's westernmost strongholds in Aleppo province from its core territory in eastern Syria.

THE ASSOCIATED PRESS

Copenhagen

Denmark pledges millions for anti-terrorism measures

Denmark's government on Thursday pledged 970 million kroner (\$184 million CAD) to strengthen anti-terrorism measures, including by boosting foreign and domestic intelligence

gathering.

The announcement follows weekend attacks against a free speech event and a synagogue that left two people dead and five wounded in Copenhagen.

The government started drafting the plans last month after lawmakers demanded a review of anti-terror measures following the terror attacks by Islamic extremists in Paris. **THE ASSOCIATED PRESS**

Washington

Anti-gay florist to appeal ruling

A florist in Washington state who refused to provide flowers for a gay wedding plans to appeal a judge's ruling that she broke a state anti-discrimination law.

Alliance Defending Freedom says the ruling threatens the financial ruin of 70-year-old Richland florist Barronelle Stutzman, along with her

business, Arlene's Flowers. The organization says it will file the appeal on her behalf.

Benton County Superior Court Judge Alex Ekstrom on Wednesday rejected arguments that Stutzman's actions were protected by her freedoms of speech and religion.

Ekstrom says the First Amendment protects religious beliefs but not necessarily actions based on those beliefs. **THE ASSOCIATED PRESS**

Terrorism

PLO argues against compensating terror victims

The PLO and Palestinian Authority should not be blamed for terror attacks in Israel that killed or wounded Americans in the early 2000s, the groups' lawyer told a New York City jury Thursday, but the victims' attorney insisted the organizations sanctioned

the bloodshed.

The civil case in Manhattan and another in Brooklyn have emerged as the most notable attempts by American victims of the Palestinian-Israeli conflict to use U.S. courts to seek damages that could reach into the billions of dollars.

Defence attorney Mark Rochon said there was no proof the PLO sanctioned the six attacks alleged in a 2004 lawsuit. **THE ASSOCIATED PRESS**



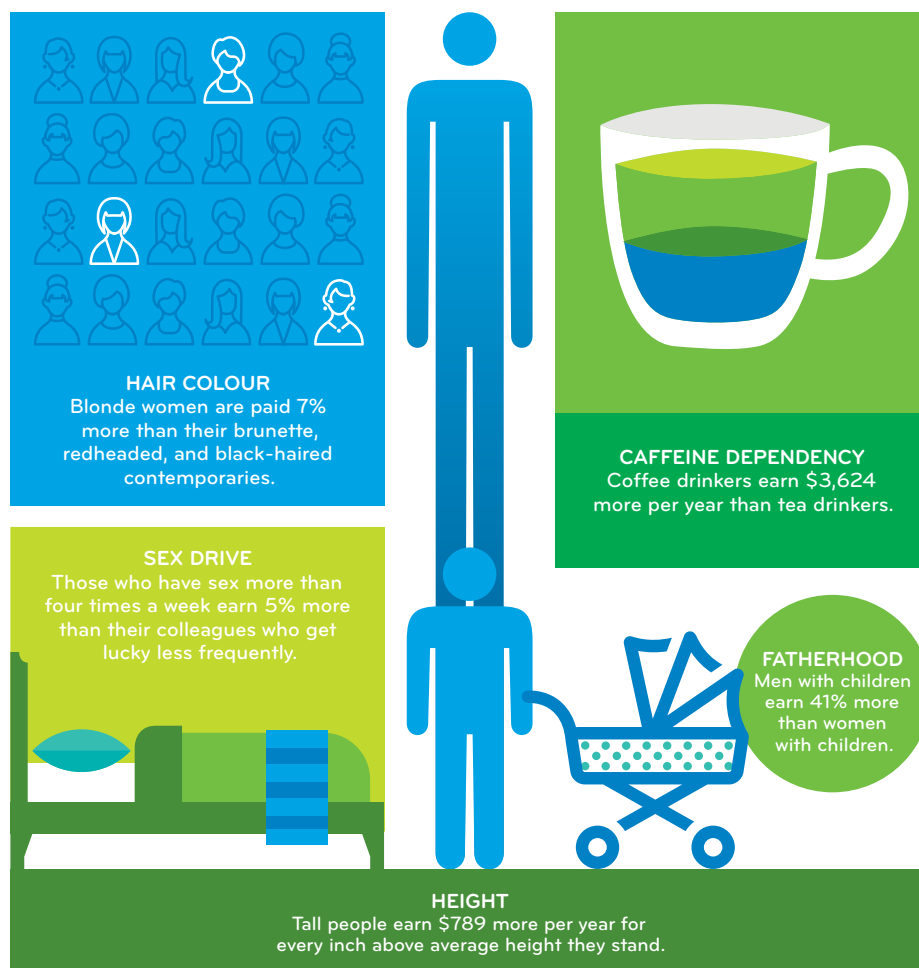
Anti-marijuana lawsuit filed

Colorado Rep. Jonathan Singer, D-Longmont, speaks during a news conference in Denver in reaction to the announcement that a federal lawsuit is being filed early Thursday on behalf of two Colorado citizens to shut down the state's \$800-million-a-year marijuana industry.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

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For references, view the full article at workopolis.com

WORKOPOLIS
Let's get to work

Two 'superbug' deaths linked to dirty instrument

Antibiotic resistance.
Incompletely sterilized endoscope carries lethal bacteria

known antibiotics.

UCLA said Wednesday that the infections may have been transmitted through at least two contaminated endoscopes that were used to diagnose and treat pancreatic and bile-duct problems.

An endoscope — or more specifically in this case, a duodenoscope — is a thin, flexible fibre-optic tube that is inserted down the throat to enable a doctor to examine an organ. The device typically has a light and a miniature camera.

"We notified all patients who had this type of procedure, and we were using seven different scopes. Only two of them were found to be infected. In an abundance of caution, we notified everybody," UCLA spokeswoman Dale Tate said.

The two medical devices carried the bacteria even though they had been sterilized according to the manufacturer's specifications, UCLA said.

More than 500,000 patients undergo procedures using duodenoscopes in the U.S. every year, according to the FDA.

THE ASSOCIATED PRESS

A "superbug" outbreak suspected in the deaths of two patients at a Los Angeles hospital has raised questions about the adequacy of the procedures for disinfecting a type of medical instrument used on more than a half-million people in the U.S. every year.

At least seven people — two of whom died — have been infected by a potentially lethal, antibiotic-resistant strain of bacteria after undergoing endoscopic procedures at Ronald Reagan UCLA Medical Center between October and January, and more than 170 other patients may have been exposed as well, UCLA said.

The germ is known as Carbapenem-resistant Enterobacteriaceae, or CRE, and similar outbreaks have been reported around the nation. They are difficult to treat because some varieties are resistant to most

VOICES

CELEBS DON'T KNOW WHAT THEY'RE TALKING ABOUT



THE KOHLER REPORT

By Rebecca Kohler

Is it just me, or has there been an uptick lately in celebrities touting pseudo-medical advice that seems particularly unsound? From weird pubic care to body-binding workout regimes, the tabloids are starting to look more like quack medical encyclopedias than entertaining gossip rags.

One of the most recent examples of weird body care advice comes from Gwyneth Paltrow vis-à-vis the V-Steam. Gwyneth recently wrote a post on her lifestyle website, GOOP, about how she had her vagina steamed: "You sit on what is essentially a mini-throne, and a combination of infrared and mugwort steam cleanses your uterus, et al." she insisted. "If you're in L.A. you have to do it." Sorry, G., but I have my next trip to L.A. all planned out and it involves eating tacos, not cleansing them.

While I used to view celebrity advice and websites such as GOOP as just irritating (GOOP is hard for me to read because my eyes won't stop rolling), I'm starting to wonder if this stuff is actually dangerous.

After Gwyn poached her pants area, doctors went berserk online, citing all sorts of reasons why that is a terrible idea. That part of the

female body has an ecosystem and sending steam through the chute has the potential to throw it off balance. I'd say the idiom, "If it ain't broke, don't fix it" has never been truer than when referring to a vagina.

Kim Kardashian has also touted some iffy practices to the common people. Kim is a fan and advocate of "waist training," which involves wearing a corset, even while you work out — the stupid idea being that you sweat more in your abdomen area. Also, the corset is making your waist tinier because ... well it's not, because that's impossible. Look, I get the science behind binding a baby, but trying to shrink your waist as an adult? You're fully-grown and your bones are hard. Deal. But KK has posted several selfies in her corset and the masses are listening.

Doctors are upset about the corsets, too. Wearing a corset for extended periods of time — "waist trainers" wear them for up to 12 hours a day — can not only weaken your abdominal muscles but also actually make them atrophy. "Look at my tiny waist! Pay no attention to the shrivelled, dead muscle."

Then there's Selma Hayek, a vocal fan of juice cleanses and/or detoxes who insists that's how she maintains her sexy figure. Studies prove both of these practices to be useless. Real doctors will tell you that your body has a

No steaming necessary

After Gwyn poached her pants area, doctors went berserk online, citing all sorts of reasons as to why that is a terrible idea.

natural detoxification system in place — liver, lungs, skin etc. — and doesn't need your help.

Let's not forget the celebrity anti-vaxxers who may or may not be partly responsible for the recent measles outbreak in North America. Jenny McCarthy is famously outspoken in saying vaccinations cause autism — which, for the MILLIONTH time, they DON'T — and reality star Kristin Cavallari joined in the fun last year, stating, "Here's the thing ... There are very scary statistics out there regarding ... vaccines and what they cause: asthma, allergies, ear infections ..." Ear infections? Seriously, lady? Even if that were true, are you saying you'd rather your kid get measles than an ear infection? (I got an ear infection just listening to the interview.)

Considering celebs are rich and successful and generally good-looking, it makes sense that people would look to them for life advice. But as "successful" as someone like Kim Kar-

dashian is, we have to remember she's not a professional of any sort. The best teachings she has to offer probably involve dislodging a bad wedgie.

Please don't take advice from celebrities because a) it can be dangerous; b) it'll cost you a fortune; and, c) when we hear these snippets about their "amazing lives," we're not getting the full story. Did it ever occur to Salma Hayek that she's hot because she can afford \$800 face creams and personal trainers and chefs to cook her healthy meals? Gwyneth Paltrow might be steaming her vagina to fill a void (no pun intended) left by her "conscious uncoupling" and Kim Kardashian's waist looks small because she has big boobs and a booty. As for Kristin Cavallari, not vaccinating her kids might be her best bet at getting any sort of publicity. If you absolutely feel like your vagina needs a steam (mine is pretty steamy on its own) or you could lose a few pounds or inches, then OK, but talk to a doctor first. I know your doctor is boring compared to a Hollywood star, but that's because he/she studied a lot to know what's best for you.

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter at @becca_kohler

Happy face/Sad face

From top dogs to uncomfortable visits, Metro weighs in on the news that made headlines this week:



FAKING IT

Oregon man Aleksander Tomaszewski, who was arrested on suspicion of sexual assault, has gained a couple new charges after allegedly beating himself up while in custody, and trying to blame police for his injuries. Video shows a man punching himself in the face as many as 60 times in his holding cell. Just a reminder folks, Big Brother is watching you. Especially if you're in a police station.



DOG-GONE RIGHT!

America's top dog is a Canuck! A mild-mannered beagle named Miss P was named Best in Show at the prestigious Westminster Kennel Club at Madison Square Garden this week. The pooch, who originally hails from Enderby, B.C., has already made the morning talk show circuit and met Donald Trump.



ROYALLY EMBARRASSING

Like any obligatory trip home to see the parents whose privilege you've spent a lifetime trying to escape but never fully disowned, Canada's visits to England always feel a little off. This time, the weirdness took place at Thursday's official reopening of Canada's newly refurbished high commission in London. Unaccountably, John Baird was there representing us. He's even referred to as foreign minister on the commemorative plaque. You'll recall, of course, that he quit that job weeks ago. Yeah. Awkward.



TIGHTY WHITEYS

This week in amazing excuses: A Manitoba MP is holding cheap, ill-fitting underwear to account for a "brief" absence from his seat in the House of Commons while a vote was being counted. "I can blame it on a sale that was down at the Hudson's Bay; they had men's underwear on for half price. I bought a bunch that was clearly too small," said Winnipeg Centre representative Pat Martin. Cheeky, Mr. Martin, very cheeky.



STRIP-SEARCHED TEEN

Quebec school officials are under serious fire after strip-searching a 15-year-old student for allegedly having marijuana. The province's education minister defended such searches as a reasonable safety measure provided they are done in a "respectful" manner. The girl's parents and civil-rights groups vocally disagree.



Focus on fashion



Kathy Griffin
GETTY IMAGES

Kathy Griffin is ready to rip on the red carpet

Kathy Griffin likes to joke (or is she serious?) that, one year on her tax return, she put her profession as "Anonymous." Such is her multi-hyphenate stature: a standup comic, sitcom star, reality-show queen, periodic D-Lister and, now, host of Fashion Police, E! network's couture critique.

Griffin has retrieved the mantle from Joan Rivers, who presided riotously in cahoots with her Joan Rangers until her death last summer.

"She obviously left very big shoes," said Griffin.

"But we agree that it's essential to comedy to be fearless and not be afraid to make enemies — certainly, in Hollywood! C'mon, we're not talking about heads of state here."

As for viewing, Griffin says: "I haven't decided whether to go to a party where I can get more material, or just watch at home, judging harshly in silence."

THE ASSOCIATED PRESS

NPH's time to shine

Interview. First-time Academy Awards host talks about nerves, his hosting heroes and what he'll do if Kanye crashes the stage

Neil Patrick Harris might use his job as Oscar host as a way to meet his favourite stars. "I have, essentially, an all-access pass to the theatre," Harris said during a recent interview.

"So I love being able to stand there and say hello to people I've never met before. I'm very easily star struck, so it'll be very exciting to shake hands with celebrities."

Harris has hosted the Emmys twice and the Tony Awards four times — and has won both awards. On Sunday, he takes on his first Oscar show. The multitasking entertainer took a few minutes between rehearsals to talk about his plans for the big night.

How is preparing to host the Oscars different from the Tonys or Emmys?

I want to make sure my content is inclusive of everyone watching, and more people watch the Oscars than any other awards show probably combined. I have more filters probably, in terms of content... The Oscars — it's a ritual for many people. They see it every single year, and all around the world. So I want to be a little classier and try to be a bit more mainstream while trying to maintain a wink and a nod to those in the know.

You watched all the past Oscar hosts as part of your

research. Who stood out for you, and who would you most like to emulate?

My initial answer would probably be Billy Crystal. I was just the right age to be so taken by movies as an idea, and he had such joy and exuberance about the world of film... But as I've done more research, I'm even more impressed now by the older-school generation of Johnny Carson, Bob Hope, and their ability to stand in one place and make (people) feel comfortable just in their demeanor. Because it's a very classy night — everyone's in their tuxedos and fancy dresses — so I'm hoping to make it feel like an A-list dinner party that you get to come and attend.

How nervous are you?

Well, my job as host is to not be nervous when the show is happening. But I think, in life, being nervous about something that's forthcoming is very helpful, whether it's an awards show or a family gathering or a job interview. If you're too calm and confident, then I think you aren't executing to the best of your ability. So

I try not to let nerves get the best of me, but I welcome them because it tends to fuel me to try harder.

Have you prepared for the possibility of Kanye West coming onstage?

I think the security at Saturday Night Live is still holding him in his seat there from last (week's) show. So, fingers crossed, he's detained in New York City. No, nothing would make me happier than something as random as that, as Kanye West deciding to participate in the show in some way. That's why you want to watch the Oscars. We hope for things to happen that you'll only experience by watching it... The crazier the better, as far as I'm concerned. THE ASSOCIATED PRESS



What to watch and when

CTV begins Oscar coverage at 6:30 p.m. on Sunday.

• E!Talk's Red Carpet Special starts at 6:30 ET. Ben Mulroney and Lainey Lui will be on a balcony capturing a bird's eye view of red carpet arrivals.

• The Oscars Opening Ceremony, hosted by Good Morning America anchors Robin Roberts and Lara Spencer, starts at 7 p.m., showcasing the nominees, presenters and performers arriving on the ABC red carpet.

• The main event starts at 8:30 p.m.

• You have to be a subscriber to CTV Go to watch the broadcast online. Anyone can stream coverage from the Academy Awards press room at ctv.ca.

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If Metro could hack the Academy vote

Rather than waste your time with Oscar predictions, which are bound to be wrong anyway, here's something slightly more useful: What we'd pick, if anyone had asked us.

NED EHRBAR & MATT PRIGGE
For Metro

Best actress

Who should win: For once, everyone seems to be in agreement, because no performance this year came close to inevitable winner Julianne Moore for *Still Alice*.

Who should have been nominated: Into the Woods might not have done much this awards season, but Emily Blunt still deserves recognition for her standout work in the Sondheim musical.



Julianne Moore GETTY IMAGES

Supporting actress

Who should win: Let's hear it for Keira Knightley, who took what could have been a rather dull, throwaway supporting role in *The Imitation Game* and quietly ran away with the film, outshining even co-star and fellow nominee Benedict Cumberbatch.

Who should have been nominated: Rene Russo stepped back into the spotlight in outstanding fashion as a cutthroat, desperate local news producer in *Nightcrawler*.



Keira Knightley and Benedict Cumberbatch CONTRIBUTED



The Grand Budapest Hotel CONTRIBUTED

Best picture

What should win: Wes Anderson's *Grand Budapest Hotel* is the kind of carefully crafted, completely realized vision that should be edging out *Boyhood* and *Birdman*.

What should have been nominated: If the Academy had any guts or vision, it would have celebrated the singular, twisted vision of Dan Gilroy's *Nightcrawler*, a truly disturbing masterpiece.

Supporting actor

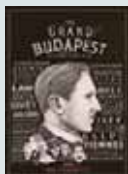
Who should win: He may be only slightly less intimidating than his Oz Neo-Nazi, but J.K. Simmons' jazz instructor in *Whiplash* was still a thoroughly embodied portrait of a sociopath.



Who should have been nominated: As a 60-year-old virgin, Stellan Skarsgard helped make sure Lars Von Trier's porn epic *Nymphomaniac* was the infamous filmmaker's funniest and most humane film.

J.K. Simmons GETTY IMAGES

Best original screenplay



What should win: Wes Anderson's films are constructed top-to-bottom, and the riots of pink and spot-on performances in *The Grand Budapest Hotel* are nothing without the solid foundation of its script.

What should have been nominated: Justin Simien's *Dear White People* shuffles around a score of characters and provocative ideas like pieces on a chessboard.

Best adapted screenplay

What should win: Paul Thomas Anderson should take this one. He did the impossible in bringing a Thomas Pynchon novel to the screen.

What should have been nominated: The Writers Guild decided *Guardians of the Galaxy* was worthy of recognition, so why couldn't the Academy? Yes, it's a comic book movie, but it's a damn fine comic book movie.



Wes Anderson GETTY IMAGES

Best director

Who should win: Given that he's created his own style of filmmaking, it's frankly incredible *The Grand Budapest Hotel* creator Wes Anderson hasn't won a directing Oscar yet.

Who should have been nominated: With the ScarJo alien opus *Under the Skin*, Jonathan Glazer created a genuinely unique film, one that owes as much to the way it was created as it was filmed.

Best actor

Who should win: Hype demands Michael Keaton or Eddie Redmayne win this, but Bradley Cooper's steely and very, very, very quietly anguished turn in *American Sniper* was one of the reasons the film was more complicated than its fans and detractors claim.

Who should have been nominated: Mysteriously, Ralph Fiennes' super-alert creation — Monsieur Gustave H. in Wes Anderson's *The Grand Budapest Hotel* — both debonair and lowbrow (and sometimes in the same rattled-off line), was snubbed in favour of actors mostly playing real people.



Bradley Cooper in American Sniper CONTRIBUTED

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All-white Oscar nominations lay bare lack of diversity

The Academy Awards. Ceremony spotlight draws attention to movie industry's failure to reflect a multicultural America

It was a year ago that Lupita Nyong'o, shortly before winning the Academy Award for best supporting actress in 12 Years a Slave, gave a speech about what she called "dark beauty."

Nyong'o, who so dazzled Hollywood and the Oscar-viewing public through awards season, spoke tenderly of receiving a letter from a girl who had been about to lighten her skin before Nyong'o's success, she said, "saved me." The letter struck Nyong'o because she recognized herself in that girl: "I remember a time when I too felt unbeautiful. I put on the TV and only saw pale skin."

The Mexican-born, Kenyan-raised actress was a central part last year to an Academy Awards flush with faces

uncommon to the Oscar podium.

What a difference a year makes.

This year's Oscars repeat a stubborn pattern that has plagued the Academy Awards throughout its history: Whenever change seems to come, a frustrating hangover follows. "Every 10 years, we have the same conversation," Spike Lee, a regular witness to the sporadic progress, has said.

Seldom have such fits and starts been starker than these Oscars, coming a year after a richly diverse Oscar crop. In Sunday's Academy Awards, all 20 acting nominees are white, a result that prompted some to declare that they would boycott this year's ceremony.

The lack of nominations for Selma director Ava DuVernay and star David Oyelowo were a particular flashpoint, viewed by many as unjust oversights not only because they merited honouring, but because their absences furthered an ignoble Oscar history.

Since becoming president of the academy, Cheryl Boone Isaacs has worked to divers-

By the numbers

0

The number of this year's 20 acting nominees who are non-white.

1

The number of female best director winners.

4

the percentage of Hispanic roles in 500 top-grossing films in the U.S. in 2013.

6

The percentage of 6,000 plus Academy members who are non-white

9.4

The percentage of non-white nominees in the Academy's 87-year history.

Source: The Associated Press survey

ify the organization's ranks, though change comes slowly considering membership is for life.

But the academy is a reflection of the film industry; it can only reward the films that get made. What this year's all-white acting nominees did was lay bare the enormous, hulking iceberg of the movie business' diversity problems.

The UCLA diversity report released last year after eight years of research found underrepresentation of minorities and women throughout film and TV, from board rooms to talent agencies.


What's particularly galling for many of those working to change Hollywood is that minorities are among its most passionate customers.

Stacy L. Smith, founder and director of USC Annenberg's Media, Diversity and Social Change Initiative, calls the lack of progress in the industry "egregious."

"Hollywood does not think diversity is commercial," Smith said. "The numbers speak loudly and clearly about who is valued and who isn't." **THE ASSOCIATED PRESS**



Lupita Nyong'o accepts the award for best actress in a supporting role for 12 Years a Slave during the 2014 Oscars. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS FILE



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Drama



McFarland

Director. Niki Caro

Stars. Kevin Costner, Carlos Pratt

From Disney comes McFarland, the true against-all-odds story of the 1987 McFarland high school cross-country team in an economically challenged community.

Rotten Tomatoes™ score
Critics: 67% Audience: 87%

Drama/Comedy



What We Do In The Shadows

Director. Taika Waititi, Jemaine Clement

Stars. Taika Waititi, Jemaine Clement

What We Do In The Shadows chronicles the adventures of four vampire roommates trying to get by in a modern world that's not always hospitable to the undead. Clement and Waititi, creators of HBO's Flight of the Conchords, co-wrote, co-directed, and co-star in this hilarious send-up.

Rotten Tomatoes™ score
Critics: 92% Audience: 91%

Drama



Escobar: Paradise Lost

Director. Andrea Di Stefano

Stars. Benicio Del Toro, Josh Hutcherson

For Pablo Escobar (Benicio Del Toro), family is everything. When young surfer Nick (Josh Hutcherson) falls for Escobar's niece, he finds his life on the line when he's pulled into the dangerous world of the family business.

Rotten Tomatoes™ score
Critics: 60% Audience: 87%

Drama



Leviathan

Director. Andrey Zvyagintsev

Stars. Elena Liadova, Alexei Serebriakov

The latest drama from Andrey Zvyagintsev, the acclaimed director of The Return. Kolya (Alexei Serebriakov) lives in a small fishing town near the stunning Barents Sea in Northern Russia. He owns an auto-repair shop that stands right next to the house where he lives with his young wife Lilya (Elena Liadova) and his son Roma (Serguei Pokhodaev) from a previous marriage.

Rotten Tomatoes™ score
Critics: 99% Audience: 83%

Drama



Two Days, One Night

Director. Jean-Pierre Dardenne, Luc Dardenne

Stars. Marion Cotillard

Sandra (Cotillard) has just been released from the hospital to find that she no longer has a job. According to management, the only way Sandra can hope to regain her position at the factory is to convince her co-workers to sacrifice their much-needed yearly bonuses.

Rotten Tomatoes™ score
Critics: 96% Audience: 79%

Comedy

The DUFF

Director. Ari Sandel

Stars. Mae Whitman

Bianca is a high school senior whose world is shattered when she learns the school knows her as The DUFF (Designated Ugly Fat Friend).

Rotten Tomatoes™ score
Critics: 88% Audience: 91%

Comedy

Hot Tub Time Machine 2

Director. Steve Pink

Stars. Craig Robinson,

This sequel is set 10 years in the future.

Rotten Tomatoes™ score
Critics: No reviews yet Audience: 92%

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A moving tale of small-town sports success

Biopic. Running coach who was the inspiration behind McFarland film remains humble despite Hollywood treatment

Jim and Cheryl White have seen the movie *McFarland* three times and teared up at every viewing, even though, as he says, "We knew what was going to happen."

The film, which stars Kevin Costner as the most successful Californian high school cross-country coach in history, is the story of White, his wife and their life and work in McFarland, Calif., an impoverished town transformed by sports.

The Texas native taught in McFarland for 40 years, establishing a cross-country running team that would win nine state championships and give the runners a glimpse of life outside their small town and nearby fields where many of them worked as migrant "pickers."

His success may have earned him a Hollywood biopic and a more permanent tribute in the form of a dedicated gazebo in the town square, but he sees his influence in

more metaphysical terms. "To me, my legacy is in the hearts and minds of these boys I've taught," he says.

In person, White is a humble man who quietly commands respect. At a post-screening Q&A I hosted with him in Toronto, he earned a standing ovation before even saying a word. As the audience clapped he was genuinely moved, and with a quivering voice whispered to me to "take over for a second."

In Focus

RICHARD CROUSE



Carlos Pratts, left, and Kevin Costner appear in a scene from *McFarland*. RON PHILLIPS/DISNEY

Earlier in the day, we discussed seeing his life played out on the big screen. "We just hoped they could portray our true feelings of love for the town, for the community. That came across real well. We also felt like they portrayed the

true hardships these boys went through."

Hollywood did make some changes to White's story and one scene in particular irked him. When we first see White in the film, he's hurling a cleated shoe at the lippy captain of his Idaho school football team, opening the kid's cheek.

"That is dramatic licence,"

he says. "It bothered me for a while but I talked to Kevin Costner about it. I said, 'Kevin, can you give me your true feelings about the situation that happened in Idaho?' He said, 'I think, Jim, you're going to come across as the hero and not the villain because you're standing up for what's right.' I said, 'All right,' and I was satis-

fied with that."

White often uses the phrase "Well, that's Hollywood for you," when describing the making of the film and liberties taken with his life's story. But now the movie is finished, he says, "What was really fascinating to both of us was watching the screen and seeing them say, 'Mr. White would you come in here,' (or) 'Jim White this, and Cheryl White that.' We're sitting there looking at ourselves up there. It was kind of funny."

Amell relied on his wits to nab role in teen flick The DUFF

Casting. Flash star aced dreaded 'chemistry read' by dropping improv lines on prospective co-star

RICHARD CROUSE
scene@metronews.ca

Canadian actor Robbie Amell's latest starring role was all about chemistry. To make sure he had the kind of spark needed to play opposite potential *The DUFF* co-star Mae Whitman, he not only had to audition, he then had to try out again at a "chemistry read."

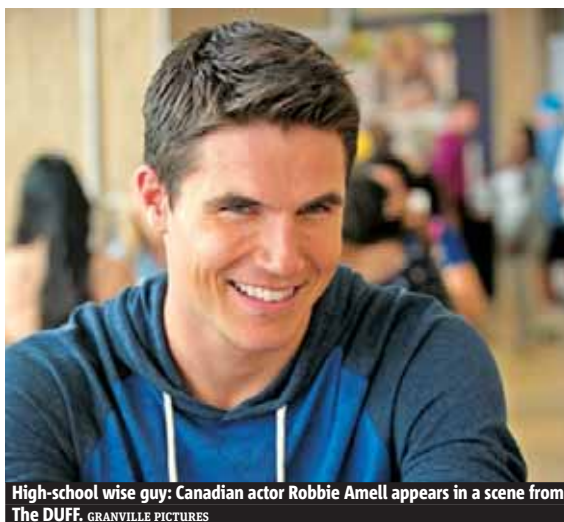
"They narrowed it down to a few guys," says the youthful looking 27-year-old. "They had signed Mae and they brought us in one after the other. Before I went in, my best friend Nick, who's very funny, and I sat down and figured out some alternate lines. I thought I'd have a shot at this if I could

make her laugh."

Preparation aside, he says for Whitman, fresh off a stint on *Parenthood*, it wasn't love at first sight. "Mae didn't want to drive in for the chemistry read," he says. "She was already sour and she said she was not excited. I walk in and she said, 'Screw this guy.' But I dropped some really rude improv line on her and she totally busted out laughing. I think that was the turning point."

Then it was a waiting game. "My chemistry read was at 11 on a Friday morning," he says, "which means there is nothing else I am thinking about for the next couple of days. It slowly started to disappear and it got to a point where I thought, 'If I'm the guy, great. If I'm not the guy, I'm not. I just want to know.'"

Two weeks later he had the part of Wes, the best-looking guy in Bianca's (Whitman) school, who informs her that she is a *DUFF*, the Designated Ugly Fat Friend. He tells her she



High-school wise guy: Canadian actor Robbie Amell appears in a scene from *The DUFF*. GRANVILLE PICTURES

is the gatekeeper; the approachable one boys befriend to get closer to her prettier friends.

The all-important high school social hierarchy is the backbone of the story. Bianca

and Wes are at opposite ends of the ecosystem, but Amell explains, "the movie is about knocking down these labels, embracing what makes you, you."

Lifetime achievement

Cardinal to receive award combining acting and activism

As Métis actress Tantoo Cardinal prepares to receive a lifetime achievement award, she remembers what originally inspired her to begin acting more than 40 years ago: anger.

"It wasn't about a career at all — it was about having a voice," the Edmonton-raised 64-year-old said in a telephone interview this week. "I don't know if people really can appreciate what that experience is — of attempted genocide, generations and generations where your language is outlawed, your creativity is outlawed, anything you think or say or do is actually outlawed."

"There was a fire inside," she continued. "I had a huge rage inside about the way my people were perceived and the injustice of that. I have to cling to conviction, because that's my gun, you know?"

On Friday, Cardinal will receive ACTRA Toronto's Award of Excellence, a



Tantoo Cardinal NADIA KWANDIBENS

career-spanning honour previously presented to Rick Mercer, Fiona Reid and Shirley Douglas.

The award simultaneously recognizes a body of work and commitment to advocacy, and for Cardinal there was rarely much of a distinction between the two.

Whether acting in such large-scale Hollywood productions as *Dances with Wolves* and *Legends of the Fall* or indies including *Mothers & Daughters* and *Loyalties*, Cardinal searched for roles that would expand the understanding of a culture she saw too often being demeaned in popular entertainment.

THE CANADIAN PRESS

CANADA'S LARGEST ROCK FESTIVAL

Amnesia Rockfest marks 10th anniversary



ROCKFEST 2014

The Amnesia Rockfest has been converting the Outaouais region into a rock 'n' roll Mecca for 10 years now. To mark this milestone, Canada's largest rock festival will be rolling into the Montebello marina from June 18 to 21, 2015 with a monster lineup of over 100 bands performing rock, metal, punk rock, industrial, hardcore and even rap. It's a 10th edition that promises to be irreverently good and nostalgic.

A WORLD-CLASS LINEUP

Whether you're new to rock, a longstanding rocker or an outright connoisseur of the genre, this 10th edition will have something for every one of the thousands of people expected to descend on Montebello for this year's festival. It's a long lineup that reads like an incredible anthology of the Rockfest's 10-year history.

Headliners include Linkin Park and System Of A Down, along with The Offspring, Rancid, Slayer, Snoop Dogg, Rob Zombie and Bad Religion to name a few. Rancid's Tim Armstrong and NOFX's Fat Mike are helping curate the event. Local acts from "chez nous" range from Les Cowboys Fringants and Mononc' Serge to The Planet Smashers and more. And several bands will be reuniting for the occasion, including Capitaine Révolte, Groovy Aardvark and Penelope.

In addition to earning the ultimate nod of approval from Amnesia Rockfest fans, this year's lineup also drew the attention of Rolling Stone Magazine. The definitive source for music, the magazine noted the scope and range of talent the 2015 edition of the festival is attracting – recognition that resonates all the more on this 10th anniversary!

10 YEARS AND STILL RELEVANTLY FRESH

There are plenty of new features for 2015. The event, generally a two-day affair, will stretch to four days this year. Opening

night is June 18. The main days are June 19 and 20, while the camping will run from June 18 to 21. Numerous comedians will also be taking to the stages to join in the festivities, including Mike Ward and Tom Green, not to mention Steve-O with his first local appearance since the 2004 riot at the Metropolis, which marked the last Jackass screening in Quebec.

Several other surprises and secret performances are in store for festival-goers. Based on the quality of the advertised lineup, we can only imagine what these surprises will entail.

BUYING TICKETS

Admission is \$120 (plus fees and taxes). VIP packages are also available.

Be sure to have your tickets with you, as the last two editions of the festival sold out – and history may very well repeat itself this year. Buy your tickets today at amnesiarockfest.com or Amnesia retail stores.

ROCKFEST: THE BRAINCHILD OF A 17-YEAR-OLD FAN



In 2005, a 17-year-old kid from Montebello set out to transform his small town in the Outaouais region into a rock paradise. Ten years later, Amnesia Rockfest continues to innovate and to be driven by the spark that defined the very first editions. It is now the biggest rock music festival in Canada, attracting music fans from all over the world.

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WHERE, WHEN, HOW?

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When: Thursday June 18 to Sunday June 21, 2015

How:
Getting there
Many transportation options available. From carpooling to boat and bus transportation (and the space shuttle), the festival organizers have a special section of the website dedicated to facilitating your commute.

Where to sleep
Here, too, there's an entire section of the website devoted to accommodations. Hotels and motels are available, but fill up fast. The organizers will make campsites available. Festival-goers will be able to start booking camping spaces (sites, VIP and RV campgrounds) as early as March.

Find all the information you need at amnesiarockfest.com.

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Adam Scott slips into Hot Tub Time Machine

Movies. Stepping into comedy sequel was like going to summer camp with friends, says the Parks and Rec actor

MATT PRIGGE

Metro in New York City

Adam Scott wasn't always a comedic actor. He went to drama school, had stints on Party of Five and Six Feet Under, did a sex-heavy relationship drama at HBO (Tell Me You Love Me) and has been in action (Torque), drama (High Crimes) and a Martin Scorsese movie (The Aviator). But after his turn as Will Ferrell's douchebag corporate shark brother in Step

Brothers, he was suddenly part of the comedy fold, appearing in the brilliant but cancelled Party Down and the just-wrapped Parks and Recreation. With Hot Tub Time Machine 2, Scott pops up in another ongoing series, playing the son of John Cusack (who is AWOL) from the far-off future of 2024.

You're no stranger to join-

ing things that are already midstream. Was joining the Hot Tub Time Machine franchise in its first sequel any different?
I already knew Rob (Corrdry), Craig (Robinson) and Clark (Duke), so it was easy. I think I said yes before they even wrote it. Steve (Pink), the director, just pitched me a rough idea and I said sure. It was like going

to summer camp in New Orleans with your friends. It didn't really feel like work. I feels like you're hanging out with your friends and someone happens to be filming it. I've been lucky to be in a bunch of TV shows and movies that are like that. I would love to hang around and make d— jokes with Rob, Craig and Clark whether it was being filmed or not. It's just a happy coincidence that we got a movie out of it.

But it's not all play, though. You still have to make a movie.

It is work. We are working 15-hour days. It is actual work, and we're tired at the end of the day. It's not like it was a vacation. We all worked really hard to make a good movie. We weren't just trying to make ourselves laugh. We were always trying to find what makes the best scene. It was work, but getting to work with your friends is the best-case scenario. I'm lucky enough to have friends who are really talented and funny and really great actors. It's just a bonus that you get to work

with people you enjoy.

Your character here is very earnest and childlike.

It's a fun exercise in every scene to find the most oblivious route to go. I think my character's just happy to have some friends. He's the kind of guy who annoys people with his curiosity and his earnest view of the world. So he doesn't have a lot of male friends. He's not able to tell he's annoying the s— out of them.

This isn't hard sci-fi, but it is a film about a future in which not a ton has changed.

Part of that was it wasn't like we had \$80 million to make a new future. They were smart to only go 10 years, where things have changed slightly but we're essentially the same. There's a couple of minimal ways things have changed. I feel like entertainment has definitely been degraded to the point of people just watching other people suffer on television. Generally people in the film are stupider, which I think we can probably count on.

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Adam Scott with Gillian Jacobs in Hot Tub Time Machine 2. CONTRIBUTED

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Iggy leaves trolls behind

Congratulations, Internet. You scared off Iggy Azalea. The Australian rapper returned from a little post-Grammys vacation only to be utterly dismayed by the social media reactions to some photos of her on the beach. So dismayed, in fact, that she went on an epic Twitter tirade culminating in her announcing she's taking her Twitter ball and going home because you're all jerks.

"Just got back from a great vacation, came online and saw apparently it's shocking and unheard of to be a woman and have cellulite," she wrote. "I feel the hatred and pettiness I see online at all times is making me become an angry person and I cannot be that. To become nasty because of the way I feel I am treated would be a disservice to my fans and I promise I will try to keep smiling. But I also want to let my fans know I am taking some time away from social media. I need to be happy and it is too negative and draining. My management will tweet/run my accounts from today onwards."

Not quite done, she popped back in a few minutes later to add the rather poetic, "The Internet is the ugliest reflection of mankind there is."

Dang, Iggy.



Iggy Azalea ALL PHOTOS: GETTY IMAGES

Allison trusts her dad Brian Williams, so there

Actress Allison Williams is defending her dad, suspended NBC anchor Brian Williams, as a good man who cares deeply about integrity in journalism.

The Girls actress was asked by Seth Meyers how her family has been holding up since her father's career was put in jeopardy by questions about how truthful he is telling stories about his job and life.

"One thing this experience has not done is shake my trust and belief in him as a man," said Williams, who appeared with Meyers at the 92nd St. YMCA in New York. "He's a really good man, he's an honest man, he's a truthful man. He has

so much integrity and cares so much about journalism."

NBC suspended Brian Williams for six months for telling a false story about being on a helicopter hit by an enemy grenade during the war in Iraq, and is looking into other claims he has made during interviews and appearances.

THE ASSOCIATED PRESS



Allison Williams

Uh-oh, those mean girls are after Kendall again



Kendall Jenner

Girls can be so cruel. Kendall Jenner is just trying to make a go of it as a model, working the New York Fashion Week runways for the likes of Marc Jacobs, Alexander Wang and Donna Karen, and the more established models just won't play nice.

Vogue Germany posted a backstage pic of Jenner on its Instagram feed, only to have models Lexi Boling and Binx Walton make with the snide comments. Boling started off with, "She's never looked

better," followed by the old "crying laughter" emoji, to which Walton replied, "That's f—ed up," with the same snarky icon. The comments were quickly deleted, though, and Boling issued an apology, saying, "I wasn't thinking and made a silly comment."

Indeed.



Elizabeth Hurley

Hugh really should shut up about ex Liz Hurley

Hugh Grant insists he and ex-girlfriend Elizabeth Hurley are on great terms, but that's probably not the case right this moment, as Grant was a little too candid about their breakup in an interview with Andy Cohen. "She's still my best friend. The sex bit probably fizzled out, but now she's my absolute best friend," Grant says. "The number one person I call in a crisis." But probably not this crisis, right?

Grant also revealed that he is not on such chummy terms with Notting Hill co-star Julia Roberts.

"I've probably made too many jokes about the size of her mouth," he says. "She might hate me by now."

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Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Bite into Academy Award luxury



This recipe makes approximately 24 appetizers. COURTESY RICARDOCUISINE.COM

Appetizers. Escargot and Garlic Stuffed Tomato Tarts are perfect for your glam party



RICARDO COOKS
Chef Ricardo
Ricardo Magazine

Hosting an Academy Awards screening party? Save the chips and dip for a less grandiose event. This super-chic soiree needs a healthy dose of luxe! Think escargot and, of course, plenty of bubbly.

When making these appetizers, make sure you prick the dough thoroughly, because the tomatoes can easily fall on the side while baking.

Simply place them back when arranging them on a serving platter.

1. With the rack in the middle position, preheat the oven to 400 F (200 C). Line a baking sheet with parchment paper.

2. On a lightly floured surface,

roll out the dough to about 1/8 inch (3 mm) thick. With a 1 3/4-inch (4.5 cm) round cookie cutter, make enough circles to match your quantity of snails. With a fork, prick the centre of the dough several times. Place on the baking sheet and refrigerate.

3. Cut off the tomato caps, then cut off a thin slice at the base so they stand in place. Remove the flesh with a small melon baller. Set aside.

4. In a skillet, melt the butter with the garlic. Add the snails and cook for about 1 minute while stirring. Add the chives. Season with pepper. Stuff each tomato with a snail. Set aside.

5. In a bowl, combine the sour cream and mustard. Brush over each circle of dough. Top with the stuffed tomatoes. Drizzle with the remaining garlic butter. Bake until golden brown, about 20 minutes. Season with salt and pepper. Serve warm as an hors d'oeuvre.

FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED IN 2014.

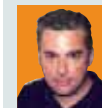
Ingredients

- 1/2 lb (225 g) thawed and cold puff pastry
- 24 cherry tomatoes
- 1/4 cup (57 g) butter
- 2 cloves garlic, finely chopped
- 1 can (200 g) snails, rinsed and

- drained (about 24 snails)
- 1 tbsp chopped fresh chives or thyme leaves
- Salt and pepper
- 2 tbsp (30 ml) sour cream
- 1 1/2 tsp (7.5 ml) Dijon mustard

Liquid Assets

Tomato-wine challenge



LIQUID ASSETS
Peter Rockwell
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Though it may be one of the most popular fruits in the world (and yes, technically it is a fruit) the affable tomato can be, in a word, challenging when it comes to a wine match.

When I first read Chef Ricardo's recipe for escargot and garlic stuffed tomato tarts, I couldn't help but feel a bit like Indiana Jones when he realized the temple was full of snakes in Raiders of the Lost Ark.

To paraphrase: Tomatoes. Why did it have to be tomatoes?

Not that they're impossible to partner with wine. It's just that their forward acidity and ripe, fruity juiciness can be an off-putting counterpoint to the vivacious personalities of many wines.

A foodie friend of mine adores a Sauvignon Blanc-based white with tomatoes. I lean towards an acid-forward red like an Italian Sangiovese.

While Italy's Chianti region in Tuscany is considered Sangiovese's true home, Farnese's 2013 Fantini Sangiovese IGT (\$7.95 to \$10.49), made in Abruzzo, is as soft on the palate as it is on the pocketbook.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



Keep it classy with Oysters au Gratin

1. With an oyster knife and a thick cloth, shuck the oysters and remove the meat from shells. Place the hollowed shells on a baking sheet covered with crumpled aluminum foil or coarse salt to stabilize the shells. Place the oysters in a sieve over a bowl. Keep the juices. Refrigerate, if needed.

2. In a saucepan, soften the onions in the butter. Sprinkle with the flour and cook for 1 minute, stirring constantly. Add the pastis and

bring to a boil, stirring with a whisk. Add the cream, milk and reserved oyster juices. Bring to a boil. Add the spinach, arugula and parsley and cook, stirring constantly, until the greens have wilted. Season with salt and pepper.

Ingredients

- 30 oysters, scrubbed and washed
- 2 green onions, chopped
- 3 tbsp (42 g) butter
- 2 tbsp (18 g) unbleached all-purpose flour
- 1/4 cup (60 ml) pastis
- 3/4 cup (180 ml) 35% cream
- 1/4 cup (60 ml) milk

- 3 cups (90 g) spinach, chopped
- 2 1/2 cups (75 g) arugula, chopped
- 1/4 cup (11 g) chopped parsley
- Salt and pepper
- 3 tbsp (20 g) grated Parmigiano-Reggiano cheese
- 2 tbsp bread crumbs

3. With the rack in the upper third position, preheat the oven's broiler.

4. In a bowl, combine the Parmesan and bread crumbs.

5. Fill each shell with the cream mixture and top with an oyster. Sprinkle with the Parmesan mixture.

6. Bake for about 4 minutes or until topping is lightly browned. Serve immediately. **RICARDO**



This recipe makes six servings.
COURTESY RICARDOCUISINE.COM

Cross-country skiing

Harvey captures silver medal in sprint event

Canada's Alex Harvey won the silver medal in the men's cross-country sprint Thursday at the Nordic skiing world championships.

Harvey was edged by Petter Northug in a photo finish when the Norwegian stretched out his ski to win gold.

It was Northug's 10th career world title but first in an individual sprint. He had a gap on Harvey entering the final stretch of the classical-style race but Harvey, from St-Ferreol-les-Neiges, Que., had the stronger finish over the last 50 metres, forcing the Norwegian to lunge forward at the line to hold off his rival.

Harvey won his fifth medal on the Falun course, where he earned his first career World Cup victory three years ago.

THE CANADIAN PRESS

CFL

Riders welcome back QB Glenn

Kevin Glenn is back with the Saskatchewan Roughriders.

The veteran quarterback signed with the Riders as a free agent Thursday. Glenn, 35, began his CFL career with Saskatchewan in 2001 and spent three seasons with the club.

Glenn started 17 regular-season games last season with the B.C. Lions, completing 63 per cent of his passes for 3,918 yards and 17 TDs.

THE CANADIAN PRESS

'I'm going to be a much better fighter'

UFC. MacDonald learns from his two losses, ready to show his true self in title match

Rory MacDonald has lost just twice in 10 years and learned from both setbacks.

In 2010 in Vancouver, he let the emotion of the crowd and fighting in his home province get to him in his second UFC outing. Veteran Carlos (The Natural Born Killer) Condit rallied to put MacDonald away with just seven seconds remaining at UFC 115.

Against (Ruthless) Robbie Lawler at UFC 167 in Las Vegas in 2013, a lacklustre training camp was followed by an uneven performance that was not helped by a third-round poke in the eye. MacDonald had his moments but not enough of them and lost a split decision.

Now MacDonald (18-2) is getting a second crack at Lawler, this time for the welterweight championship. The 25-year-old Montreal-based fighter has been matched against Lawler (25-10 with one no contest) in the co-main event of UFC 189 on July 11 in Las Vegas.

"I'm going to be a much better fighter for this one," MacDonald said in an interview Thursday, one day after the fight announcement.

His first meeting with Lawler, however painful, proved to be worthwhile.

"I'm grateful (for) the experience I had that night with



Rory MacDonald last fought Tarec Saffiedine in October. MacDonald won via a third-round TKO.

ANDREW VAUGHAN/THE CANADIAN PRESS

Robbie," MacDonald said.

"It really was a kick in the ass and a blessing in disguise. I was upset about it but I can't explain how much that motivated me to get myself back into where I need to be. I wasn't at my best for that fight and it was my fault."

After the Condit loss, MacDonald learned not to bring emotion into the cage with him. His normal pre-fight

Three wins in a row

MacDonald has posted impressive wins over Demian Maia, Tyron Woodley and Tarec Saffiedine since losing to Lawler in November 2013.

demeanour is so cool that the ringside doctor might be tempted to feel for a pulse.

But against Lawler, he could not wait for training camp and fight night to be over "so I could go relax and just get away from martial arts for a bit."

In the wake of the loss, he adopted a new attitude.

"Just having fun with martial arts and getting back to that passion and enjoying my life in martial arts," he said. "That's all." THE CANADIAN PRESS

Point guards on move at NBA trade deadline



The Heat have a new point guard in Goran Dragic. GETTY IMAGES

Point guards moving quickly made this trade deadline a transition game.

Goran Dragic, Michael Carter-Williams, Reggie Jackson and Brandon Knight all were dealt Thursday in the final hours that trades were allowed, as a number of teams handed their keys to different drivers.

Kevin Garnett also has a new address — his original NBA one. The Timberwolves brought him back to Minnesota by sending Thaddeus Young to Brooklyn.

There were so many play-

ers on the move in deals agreed to shortly before the 3 p.m. EST deadline that most of the transactions were still awaiting NBA approval hours later.

Dragic and Jackson were two players to watch on deadline day, because neither was expected to remain with his team after this season. Both



Kevin Garnett
GETTY IMAGES

their teams opted to move them rather than risk losing them for nothing.

Phoenix sent Dragic to Miami, getting two first-round picks and a package of players for the Slovenian, a third-team All-NBA selection last season. The Suns filled his spot by acquiring Knight from Milwaukee in a three-team deal with Philadelphia, which sent Carter-Williams to the Bucks.

Zoran Dragic, Goran's brother, also went from Phoenix to Miami.

Jackson, who began the sea-

son replacing an injured Russell Westbrook, now will step in for the sidelined Brandon Jennings. The Oklahoma City Thunder sent Jackson to Detroit in a three-way trade that included Utah.

Even backup point guards seemed in demand, with players such as Isaiah Thomas (Boston), Ramon Sessions (Washington), Andre Miller (Sacramento), D.J. Augustin (Oklahoma City), Norris Cole (New Orleans) and Pablo Prigioni (Houston) getting new homes. THE ASSOCIATED PRESS

Ryerson basketball aims higher

CIS. The formerly mediocre side now ranks third in Canada, after Carleton, Ottawa

When Roy Rana walked into his first meeting with Ryerson's men's basketball team some five-and-a-half years ago, he asked his players: What do you want?

To win a national championship, they told their new coach.

It was a tall order for a team that was mired in mediocrity. Ryerson was known for producing fashion designers and journalists. Certainly not basketball players.

But when the Rams host Queen's on Friday night at Mattamy Athletic Centre, it will cap the most successful regular season in Rams' history, a remarkable turnaround that has seen them win 26 of their 29 games — they're 16-2 in league play — and remain firmly affixed in a best-ever position of third place in the Canadian university rankings.

Ryerson will host the CIS



Coach Roy Rana, in the background, has taken the Rams' basketball to a whole new level in five years. COURTESY WINSTON CHOW/RYERSON RAMS/THE CANADIAN PRESS

Final 8 on March 12 and 13, and Rana believes a national championship is within his players' grasp. But their success, he said, won't be defined by a CIS title.

"This has been a hugely special season," Rana said. "And for us to evaluate and for us to appreciate the season based on one (national championship)

game, it would be a huge disservice to all the work and all the fun times, and all the challenges we've had...."

Jahmal Jones of Mississauga, Ont., Bjorn Michaelsen of Otterburn Park, Que., and Jordon Gauthier of Windsor, Ont., will be honoured Friday night as Ryerson's graduating fifth-year

players, part of Rana's original class of freshmen. He admits to having a soft spot for the trio.

"I've spent five years with these guys, for a lot of those five years more time with them than I do with my own kids," he said. "And most of that time it's in conflict, it's in high pressure situations, you're demanding,

you're asking for more constantly.

Jones had dreams of playing in the NCAA. His mom hoped he'd go to No. 1-ranked Carleton. Rana sold Jones on the chance to be a cornerstone in his program rebuild.

"The school was never known to be a powerhouse in

basketball. It had the whole 'Rye-High' feel to it.

"I have a stubborn personality," Jones said. "I just wanted to go somewhere where I could contribute and play and leave a legacy or a path behind."

Ryerson's emergence comes amid heady days for basketball in Toronto. The Raptors are in the midst of a franchise-best season, and the city has produced back-to-back NBA No. 1 draft picks in Anthony Bennett and Andrew Wiggins, both of whom Rana coached at the national youth and junior level.

Jones, who's in Ryerson's business technology management program, hopes to play basketball professionally, then pursue a career in business, preferably combining his IT specialty with his love of fantasy sports.

It will be a bittersweet moment, he said, when the final buzzer blows on his career as a Ram.

"I don't think of it as sad though," said Jones, "I think of it as a celebration."

Carleton leads the CIS basketball rankings ahead of No. 2 Ottawa. **THE CANADIAN PRESS**

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Europa League. Super Mario pulls off another late win for Liverpool

Rejuvenated Mario Balotelli scored a late penalty to seal Liverpool's 1-0 victory over Besiktas in the last 32 of the Europa League, while title contenders Napoli, Wolfsburg and defending champion Sevilla also won first-leg matches on Thursday.

However, Inter Milan was denied victory at Celtic after conceding a goal deep into stoppage time in a 3-3 draw between two former European champions, as the continent's second-tier competition resumed.

Returning to form after

a slow start at Liverpool, Balotelli grabbed the ball as captain Jordan Henderson prepared to take the 85th-minute penalty and converted the spot kick himself to settle a tight game at Anfield.

Midfielder Atiba Hutchinson of Brampton, Ont., was in the starting 11 for Besiktas.

Napoli thrashed Trabzonspor 4-0, in-form Dutch striker Das Bost scored twice in Wolfsburg's 2-0 win over Sporting Lisbon and Sevilla edged past Borussia Moenchengladbach 1-0.

THE ASSOCIATED PRESS



Mario Balotelli took the ball from captain Jordan Henderson to take the 85th-minute penalty and converted the shot to secure a 1-0 win for the Reds at Anfield on Thursday. JON SUPER/THE ASSOCIATED PRESS

Champions League

Chelsea suspends three over Paris racism incident

Chelsea has suspended three people from its Stamford Bridge stadium following an investigation into an incident in which a black man was blocked from boarding a Paris metro train by a group of Chelsea fans.

The London club said Thursday that "if it is deemed there is sufficient evidence of their involvement in the incident, the club will issue banning orders for life."

The Premier League leader said it has received "substantial information" following an appeal for witnesses of Tuesday's incident, which happened before the team's Champions League match against Paris Saint-Germain, which ended 1-1.

Rowdy fans chanted "we're racist and that's the way we like it" as they prevented the man from getting on the train on two occasions. The incident was filmed and posted online, gathering media attention worldwide. **THE ASSOCIATED PRESS**

AUGMENTED REALITY

Stuck on 12 Across?
**Scan this image with your
Metro News app for today's
crossword and Sudoku answers.**
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

As your ruler Mars moves into your sign today you will be in an assertive mood. Just be careful not to get too domineering for some people's tastes.

♉ Taurus

April 21 - May 21

If you can't get what you want over the next 24 hours you will get the chance to make up for it tomorrow. The only thing you have to fear is fear itself.

♊ Gemini

May 22 - June 21

You are so enthusiastic about something that you cannot understand why some people are being so negative about it. Maybe they have looked at the situation in a balanced way.

♋ Cancer

June 22 - July 23

You could easily lose patience with someone on the work front today, but hold back from saying anything too negative. They could make things tough for you later.

♌ Leo

July 24 - Aug. 23

You are in a helpful mood at the moment, but don't be too helpful. Do you want to end up doing so much for others that you have no time to do anything for yourself?

♍ Virgo

Aug. 24 - Sept. 23

A financial opportunity is worth pursuing but the planets warn it may not be as great as you've been led to believe. There will be a lot of work involved.

♎ Libra

Sept. 24 - Oct. 23

As Venus, planet of love, moves into the relationship area of your chart today it's likely you will meet someone who gets your pulse racing. Don't get carried away — yet.

♏ Scorpio

Oct. 24 - Nov. 22

Certain chores may be tiresome but there is no way you can get out of them so you might as well do the best possible job.

♐ Sagittarius

Nov. 23 - Dec. 21

Don't make any travel plans for today or tomorrow because there is something special coming your way and if you move you may miss it.

♑ Capricorn

Dec. 22 - Jan. 20

Mars in the domestic sector of your chart is likely to spark family squabbles but they are really not that important. Also, with Venus working in your favour you can calm things down. Be the voice of reason.

♒ Aquarius

Jan. 21 - Feb. 19

Social activities will be fun over the next few days but there will be challenges too. Someone you meet could rub you the wrong way over something trivial but it's really no big deal.

♓ Pisces

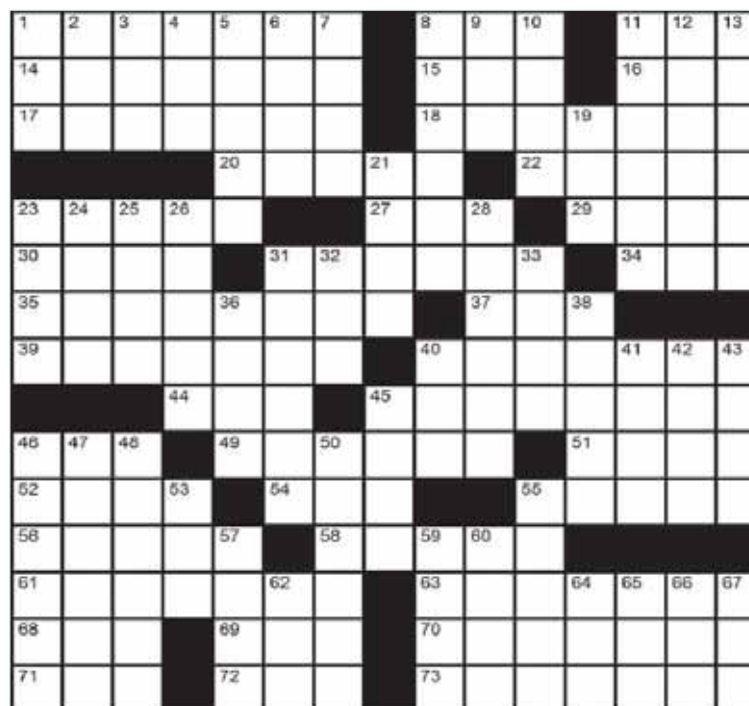
Feb. 20 - March 20

You may lose your cool about something that normally would not bother you. If you do, calm down and have the good grace to admit you went over the top.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Oscars 2015: Dean __, Canadian director (with Bonnie Arnold) who is up for an Oscar for #50-Down at this weekend's ceremonies
8. __ for the cameras
11. Drink delicately
14. Ferocious fire
15. Fit Fiddle link: 2 wds.
16. __ 'easter
17. Conquers
18. TV Western on which #11-Down's director Clint Eastwood starred
20. Prefix to 'comedy'
22. Military caps
23. Domicile
27. Movie studio area
29. Quebec singer Mr. Simard
30. Uncommon
31. Health resort amenities
34. Soak flax
35. Keep from happening
37. New Zealand parrot
39. Take off with the cash
40. Super salty splashy spot: 2 wds.
44. "Won-der-ful!"
45. Oscars 2015: As per #1-Across and #70-Across... __
- Feature Film
46. Inquire
49. 1971 Elton John



- album: ' __ Across the Water'
51. Ski __
 52. Red veggie
 54. Three, in Italy
 55. Exits-not
 56. Country singer
 - Mr. Jackson's
 58. Mr. Agassi
 61. Locale
 63. Backslide

68. Rock producer Brian
69. Philosopher, __-tzu
70. Oscars 2015: As the co-director of "The Boxtrolls" (2014), Canadian cartoonist Graham __ is up for an Oscar in the category at

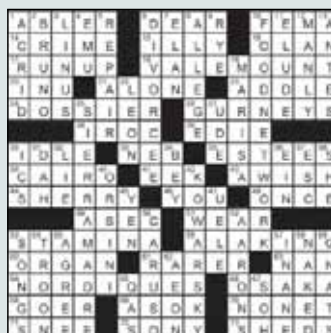
- #45-Across
71. __ Antonio
 72. Barbie's boyfriend
 73. Adieu!

Down

1. Fared
2. Mariner's dir.
3. Texter's pal
4. Liberace's nickname
5. Pontificate
6. Book's foreword [abbr.]
7. Baseball's Sammy
8. Oscars 2015: Best Actress nominee Ms. Cotillard
9. Can. neighbour
10. Look bewilderedly
11. Oscars 2015: Best Picture nominee,

- "American __" (2014)
12. Antiseptic
 13. Adjust ahead of time
 19. HRH part
 21. Paste
 23. Italian harp
 24. Dig
 25. Finds in mines
 26. Record label
 28. Absorb the knowledge: 2 wds.
 31. Tropical vacation headgear
 32. Supplement
 33. Crease
 36. Some soil
 38. Go with the flow
 40. CSI evidence
 41. Athena's walkway
 42. Like a Conger
 43. Tangy quaffs
 45. "Farewell, Father!"
 46. Puts down
 47. Ms. Gomez
 48. Oscars 2015: Best Actor nominee, Michael __
 50. Oscars 2015: "How To Train Your __ 2" (2014)
 53. Blasting letters
 55. Repetition mark, in music
 57. Fancy fabric
 59. Downer
 60. Gambling mecca
 62. Dundee denial
 64. "Totally awesome"
 65. Sort of tide
 66. Knaveish
 67. Envision

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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